



FOR A BRIGHTER TOMORROW

2023 IMPACT REPORT



To inspire and encourage all people to fulfill their potential, thrive, and contribute to their community.

Inclusion
Respect
Solidarity
Boldness
Caring
Performance



Nancy Audette,
Chair of the Board
of Directors
The YMCAs of Québec

Stéphane Vaillancourt
President and CEO
The YMCAs of Québec

Mario Bédard
Chair of the Board
of Directors
The YMCAs of Québec
Foundation

Message from the Presidents

This past year marked Year 4 in our strategic plan and the beginning of the **last phase of our organizational transformation**. We developed the plan in 2019 in response to the various challenges the YMCA was facing. And then 2020 happened and the world changed. *A lot*. And yet, despite the upheaval of the last three years, our plan and vision for a reinvented YMCA—an organization recognized as a leader for transforming lives—is not only still relevant, but more relevant than ever.

Since the transformation began, we worked tirelessly to find responsible, sustainable ways to redefine our physical presence and real estate footprint while adapting to new realities. We re-examined how we do things so that we can support program delivery more effectively while **putting social impact at the heart of our decisions**. We created an employee health and wellness program. Furthermore, a recent survey indicates a 79% employee engagement rate, among the highest in the YMCA Canada network. And we refreshed our brand image to better reflect our strengths and who we truly are.

The result? **We are more prepared than ever to tackle the social issues of today and tomorrow:** young people's success, the lack of safe temporary housing services, mental and physical health, physical inactivity and sedentary behaviours, homelessness, and the inequality of opportunities. But our work does not stop here.

We have ambitious goals for the future: extending our impact beyond our current 153 intervention sites in Québec, elsewhere in Canada, and around the world; reaching an even greater number of young people; levelling the playing field by providing safe, caring, and inclusive spaces so participants of all ages can learn new skills and take full advantage of life's opportunities; increasing the reach of our housing services for people in precarious or transitory situations; and continuing to offer stimulating fitness activities to contribute to active and healthy communities.

With the incredible generosity of our donors and partners—who, since 2017, have helped our **Foundation raise \$20.7 million through the Springboard for Life campaign**—and the commitment and support of our employees, volunteers, members, and participants, we are building the foundations for a stronger, bolder, more dynamic, and more united Y: **a place where everyone can shine**.

Won't you join us!

Our 2020–2025 Strategic Plan: Implementing Concrete Change

Our impact model is near completion. Our business model has been revised and we are currently moving forward with its implementation and with the updating of our service offering. This work is being carried out neighbourhood by neighbourhood, according to the needs of each community, and while paying special attention to provide every person impacted by this process with the support they need.

The work done in 2023 aligns with our vision and our four complementary and inextricably linked target states:

- Implement a clear impact model that guides our decisions and facilitates the understanding of our mission;
- Be a transformed, high-performance, and agile organization;
- Adopt an improved, integrated, and sustainable business model;
- Become an organization whose social impact is recognized, understood, and sought after.

MISSION-DRIVEN INVESTMENT FUND

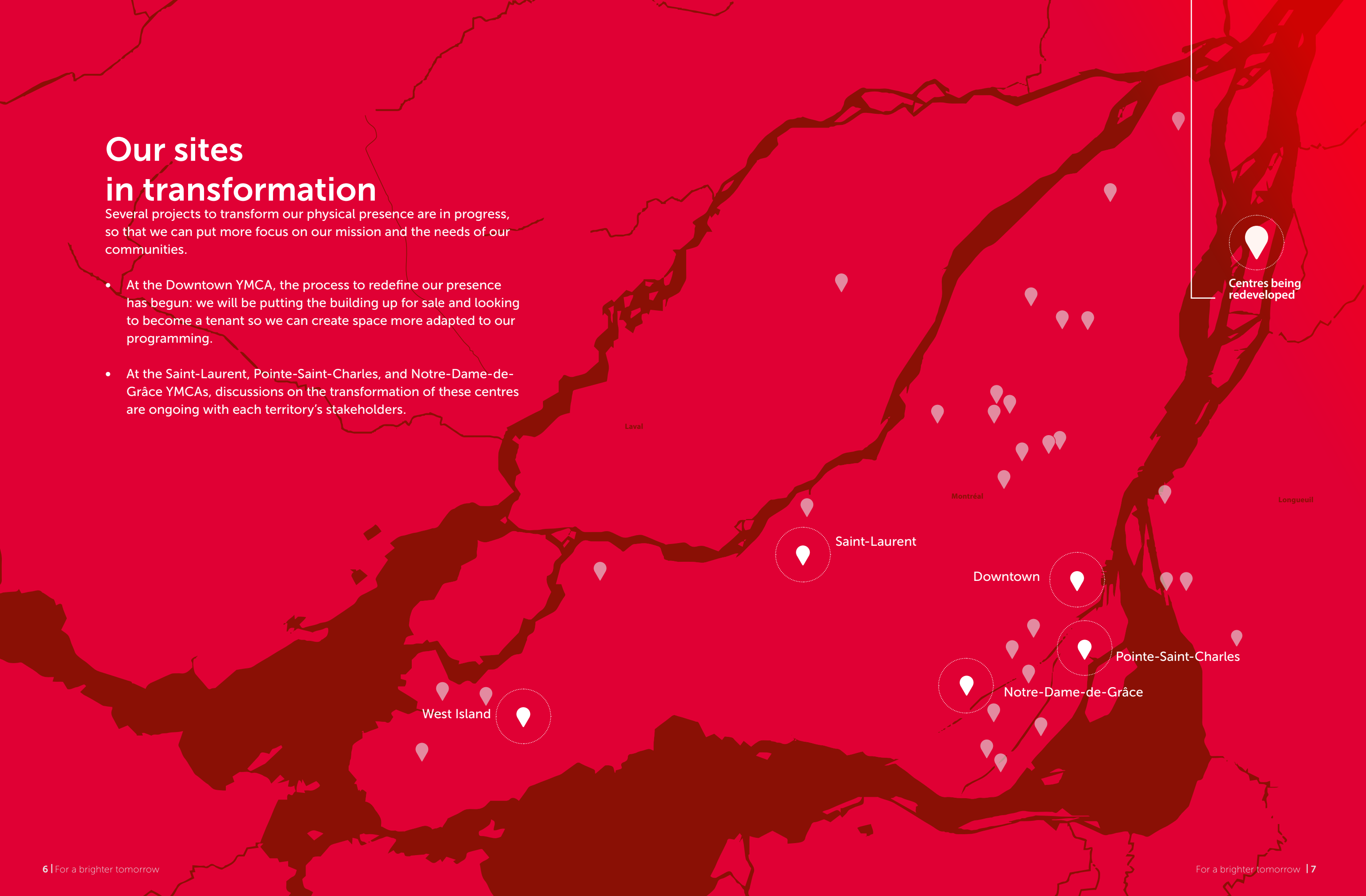
Our mission-driven investment fund, financed by the sale of certain assets, is already proving to be an effective tool in our financial strategy. Its return on investment is filling the gap in funding available to non-profit organizations and complementing our philanthropic activities, partnerships, and independent revenue sources to secure a sustainable future for our activities.



Our sites in transformation

Several projects to transform our physical presence are in progress, so that we can put more focus on our mission and the needs of our communities.

- At the Downtown YMCA, the process to redefine our presence has begun: we will be putting the building up for sale and looking to become a tenant so we can create space more adapted to our programming.
- At the Saint-Laurent, Pointe-Saint-Charles, and Notre-Dame-de-Grâce YMCAs, discussions on the transformation of these centres are ongoing with each territory's stakeholders.





The Downtown YMCA

TRANSFORMING FOR A STRONGER PRESENCE

We announced that we would start the process to put our downtown Montréal building up for sale so that we could focus on providing programs to the community rather than managing the building, and thus further capitalize our mission-driving investment fund.

To maintain and strengthen our ability to serve the Peter-McGill population, we would like to find premises to rent that are better suited to our programming and where we could create a new, albeit smaller, community hub.

During this transition—a process that will take several years—it will be business as usual for the programs that call the Downtown Y home, specifically the YMCA International Language School, the TeenZone, and the resource services offered to adults with criminal records and people experiencing homelessness. Our multi-use rooms have already been made available to other community organizations during this period, including dance school and choreography studio Ballet Divertimento, that now welcomes students at the Downtown Y.

"Ballet Divertimento was overjoyed to have created a partnership with the YMCA. I knew we would be a good fit for the Y, because of our mutual vision of community service and collaborative offerings."

- Susan Alexander, Executive Director, Ballet Divertimento

A New Brand Signature

Shine On

Wanting to create a solid foundation to better communicate our reach and promote our organization, we redefined our brand signature. This new signature draws on the unique way we support people and on that hard-to-define feeling that engages our members, participants, and students and that is felt throughout our communities.

At the Y, we believe that with the right support, the right tools, and a bit of optimism, everyone can shine. We work hard to give people the opportunity to discover their inner strengths and improve their well-being so that they can shine bright, and, in turn, contribute to building a stronger community.

“I feel like a success story thanks to the Y. Today, it is my turn to help young people unlock their potential.”

– Adam, YMCA Youth Worker and Former Participant in the YMCA Alternative Suspension Program

ADAM'S STORY

In 2015, as Adam came to the YMCA with a group of students who, like him, were suspended from school, he met a mentor in whom he immediately recognized his own struggles.

"He used his own hardships to have a positive impact on young people."

Adam started to see school differently. "I graduated from high school with honours and a perseverance scholarship. I also gave a speech about my journey in front of the whole school." Today, Adam is a keynote speaker and the one mentoring young people at the Y, turning adversity into opportunity and inspiring youth along the way. "Nine years ago, I never would've imagined my life the way it is now."



WATCH THE VIDEO | ymcaquebec.org



Y Mind

“What really stands out about the program is the caring approach. The mental health professionals’ kindness toward us but also the kindness I now show myself as I experience anxiety.”

– Valentine, Former Y Mind Participant

VALENTINE’S STORY

At the age of 28, Valentine, who has been diagnosed with generalized anxiety disorder, signed up for the online version of the Y Mind program to learn how to cope with her anxiety better and get back a sense of stability.

Through the help of the mental health professionals and group discussions, Valentine realized she was not alone in her anxiety. Over the course of the meetings, she started to feel better equipped to cope with her anxiety. “I went out and started to feel a panic attack coming on. I took a deep breath, accepted and lived through the emotions, and used the tricks I learned in the program. I was able to calm down in record time.” After that episode, Valentine felt more confident. Today, she pushes herself to get out of her comfort zone, even joining in on social activities she would not have done in the past. “I lost years letting my anxiety limit what I do. Now, I accept that I am who I am, negative emotions and all.”

Helping Youth Get Ahead of Anxiety and Stress

Launched in Québec in June 2023, the Y Mind program is an opportunity for young people to develop concrete mindfulness skills to help them cope with their emotions. Through the support and guidance of mental health professionals and group therapy, teens aged 13 to 18 and young adults aged 18 to 30 learn how to manage stress and anxiety better.

In 2023:



- Close to **120 young** people aged 13 to 30 participated in this free program, which is offered in French and English.
- Program participants reported feeling less anxious, less isolated, and having an improved sense of well-being.

Thank you to our partners:
Y Mind is an initiative developed in Vancouver by YMCA BC. It was adapted into French and launched in Québec in June 2023 by the YMCAs of Québec. Thank you to the Public Health Agency of Canada for making the deployment of the program possible.



WATCH THE VIDEO | ymcaquebec.org



Welcome and Temporary Housing Services

“Memories of the war are etched in my mind, in my children’s too. The YMCA is like a positive bubble around us where we can finally settle down.”

– Vlada, Ukrainian National and Former Resident at the YMCA Residence

THE STORY OF VLADA AND HER FAMILY

Eleven days after the start of the conflict, Vlada decided to flee Ukraine with her two sons, aged 5 and 10. After many months of uncertainty and waiting, she was granted permission to come to Canada. “I choose Montréal because I speak a little French. And your culture reminds me of Ukrainian culture.”

As soon as she arrived, Vlada and her children were housed at the YMCA Residence. “It’s difficult being alone in a new city. At the YMCA, I got a lot of help and support from the team and the volunteers, but also from the other Ukrainian families. While I worked on getting settled, my sons could play in the playroom. They learned a few words in English and French.” While Vlada hopes to return to Ukraine when the war ends, she emphasizes that she will never forget her stay at the YMCA. “This is where I made my first friends in Canada. The YMCA helped me get settled in my adoptive country, and, through contact with people like me, it helped me stay connected to my roots and keep my culture alive.”

In 2023:



- **11,750 asylum seekers and 845 people seeking safety** from the war in Ukraine—1,000 of them children—stayed in the three residences operated by the YMCAs of Québec.
- Our turnkey model, expertise, and the agility of our teams means we can set up welcome and temporary housing spaces quickly to meet demand, while always focusing on kindness, inclusion, integration, and providing high-quality services.

Thank you to our partners:
The Programme régional
d'accueil et d'intégration des
demandeurs d'asile (PRAIDA)
and the Ministère de
l'Immigration, de la
Francisation et
de l'Intégration.



The Saint-Roch YMCA's Répit Basse-Ville Project

PUTTING A HUMAN FACE ON HOMELESSNESS

Since December 2023, two new centres are now open year-round for people experiencing homelessness in Québec, one an overnight shelter with 60 beds, the other a day centre that can welcome 50 people. A collaboration between the Y and numerous community and institutional organizations, the two centres have 23 employees dedicated to serving the unhoused population and people in vulnerable situations.

These centres are essential for people experiencing homelessness, to protect them from the elements, meet their basic needs, and offer them a safe place to rest, socialize, and build relationships with the intervention team and the other institutional and community sector partners who are invested in the project.

“It’s important to have a place that is open year-round, because people don’t just need help in the winter. It also allows us to develop our expertise, maintain and build trusting relationships with people, all in a spirit of collaboration with the other organizations involved in the project.”

– Olivier Martin, Director of Family and Community Support Programs at the Saint-Roch YMCA

In 2023:



- **3,140 people** experiencing or at risk of homelessness have benefitted from our programs—1,934 in Québec City and 1,206 in Montréal.
- In total, we conducted **17,513 interventions** with people experiencing homelessness.

Thank you to our Répit Basse-Ville project partners: Archipel d’Entraide, Projet Intervention Prostitution Québec (PIPQ), the YWCA Québec, the Regroupement pour l’aide aux itinérants et itinérantes de Québec (RAIIQ), the CIUSSS de la Capitale-Nationale and the Ville de Québec.



Pathways to Education

EQUIPPING STUDENTS WITH THE TOOLS TO PERSEVERE

Pathways to Education is a Canada-wide program that focuses on helping students graduate from high school by offering tailored guidance, academic support, and group activities such as career mentoring. Using a collaborative approach that fosters motivation, the program rebuilds participants’ confidence by providing them with the resources they need to persevere and succeed, whatever their life trajectory.

FATIMA’S AND ORLANE’S STORIES

Fatima was shy and anxious, a bit of a loner, when she started the Pathways to Education program to help her with her academic struggles. “Nobody believed I would graduate from high school.” Today, Fatima is pursuing her studies and would like to volunteer at the Y as her way of giving back.

Several times a week, 13-year-old Orlane visits the Y to do her homework and school assignments. She is following in her older sister’s footsteps, who successfully completed the program this year.

“I have a lot of friends at the Y. I like coming here to do homework with them and to help each other, but also to talk about sports.”

– Orlane, Pathways to Education Program Participant

In 2023:



- Over **400 students** participated in the program at the Pointe-Saint-Charles and Saint-Roch YMCAs. Close to **1,500 hours** of academic support were offered in the two Y centres, breaking down the barriers that stand in the way of young people’s success.
- Through this program, the Y’s commitment to young people’s success can be felt in **53 schools** in Montréal and Québec City.

Thank you to
Pathways to Education
Canada for trusting
the Y to lead this
community program.



WATCH THE VIDEO | ymcaquebec.org

New Membership Plans

AT THE Y, IT’S YOUR MOVE, YOUR PACE!

We now offer three membership plans for physical and aquatic activities: the **POLY** plan for access to the conditioning room, the **MULTY** plan for access to the conditioning room and group courses, and the **OMNY** plan for full access to all our activities.

“These new plans give members more flexibility, whatever their workout habits and lifestyle.”

– Catherine Blanchette, Executive Director of Territorial Operations at the YMCAs of Québec

These new plans also include reduced rates for certain age groups, notably older adults and teens, and a financial assistance program for eligible individuals.

In 2023:



- **13,550 active members.**
- **918,500 visits** recorded in the 6 centres that offer fitness and aquatic activities, representing close to a 60% increase from 2022.
- **26,500 people** participated in our sports activities, a 22% increase from last year.





Dedicated to the Community

COLIN'S STORY

A sports enthusiast and certified trainer, Colin was working in athletics at different gyms when he realized that many people started their training journey at the Y. "I told myself that if I wanted to help people adopt the right training habits I had to be at the Y." He decided to start volunteering at the Y and 30 years later is still a committed volunteer. Colin volunteers in the conditioning room where he welcomes and assists people. "Many people can feel uncomfortable in a conditioning room. At the Y, I make sure that everyone feels welcome and that they use the equipment safely."

Colin enjoys the sense of comradery at the Y and that it feels like a family. "I feel good here and I feel like I'm making a difference. I like helping people. Often, it's with their training, but sometimes it's just by chatting with them."

Colin is proud to be one of the 520 volunteers whose work is vital to mobilizing and serving the Y's communities.

"Volunteering at the Y gives me the opportunity to thrive and interact with a wide variety of people—youth, seniors, people from different cultures."

– Colin, YMCA Volunteer for 30 Years

WATCH THE VIDEO | ymcaquebec.org



Dedicated to the Community

“I was proud to have secured my first job in Canada, somewhere I felt safe and where I could help people.”

– Rose, YMCA Conditioning Room and Group Fitness Course Coordinator

ROSE'S STORY

The first time she visited the Y, Rose was an asylum seeker who had just arrived in Montréal after fleeing Iran with her daughter. “I had no point of reference but I remember having seen the name ‘YMCA’ when I was working on my thesis in kinesiology.” Her instinct pushed her to ask for a job at the Y, but instead she left with a volunteering opportunity that day.

“I was already a certified trainer in Iran, but volunteering allowed me to prove myself here, to meet people, and improve my French and English.”

After four weeks, Rose was hired as a part-time trainer. Today, she supervises a team of 100. She will never forget that the Y gave her a chance at a new life. “I stay at the Y because here people believed in me. It’s my job but it’s also people who understand my reality. I have no family here so the [work/life] balance the Y offers me is key for me and my daughter.”

“The Y is more than my employer, it’s my support system. It’s where I was able to build a new family.”



WATCH THE VIDEO | ymcaquebec.org



In 2023, the YMCAs of Québec reached and directly helped **79,100 people, including 34,660 young people**

\$742,000 in financial assistance provided to **3,180 kids, teens, and adults** right here at home



1,900

Foundation donors and partners

1,500

school, community, and institutional partners

\$41,385

in financial assistance provided to the Haiti YMCA

1,255

employees

520

volunteers

153

intervention sites in Québec, across Canada, and abroad

66,430

visits to our TeenZones, a 33% increase from 2022

3,950

young people took part in our school perseverance and academic support programs

40,000

hours of academic support provided

820

families benefitted from support to better understand Québec's school system and culture

2,300

kids participated in our day camps

780

kids and teens stayed at Camp YMCA Kanawana

11,750

young people benefitted from the YMCA Toxico program

530

young people took part in exchange programs in Canada and abroad

345

school kits were prepared as part of *Opération sac à dos*

20,125

people in vulnerable situations benefitted from our community programs

17,513

interventions with people experiencing homelessness

3,140

people experiencing or at risk of homelessness benefitted from our community programs—1,934 in Québec City and 1,206 in Montréal

11,000

hours of intervention conducted with adults with criminal records, and 1,900 hours of training provided

2,420

people completed compensatory work through the Y's coordination and placement system

5,250

language courses taught to 3,330 students at the YMCA International Language School

26,500

people participated in our sports activities

13,550

active members

918,500

visits recorded in the 6 centres that offer fitness and aquatic activities, representing close to a 60% increase from 2022

5,550

kids have learned to swim

1,610

people trained in emergency intervention through the Y's lifesaving, CPR, and first-aid courses

The Foundation and Its Mission

EVERYONE DESERVES TO SHINE

The YMCAs of Québec Foundation contributes to building communities where children, youth, and people in situations of vulnerability can lead a healthy, active, and engaged life.

The Foundation acts as a vehicle for change to reduce inequalities and promote inclusion so that everyone has an equal opportunity to shine. For 40 years now, the Foundation, guided by the YMCA's values of caring, inclusion, solidarity, boldness, performance, and respect, has been contributing to building healthy communities where youth and people in the most vulnerable situations can fulfill their potential.

The Foundation's mission is to support the YMCAs of Québec and ensure its financial sustainability by promoting the impact it has on the community, raising funds, and administering these funds responsibly. The donations received make the deployment of programs and services adapted to the realities and needs of communities possible. This is a responsibility we take to heart because **we believe that everyone deserves to learn, grow, and evolve in a caring and inclusive environment ... we believe everyone deserves to shine.**

THE IMPACT OF YOUR DONATIONS

Every year, donations made to the YMCA Foundation contribute to building healthier and more active communities.

Supporting the YMCA means making a difference in the lives of numerous people by giving them opportunities and assistance—so that your entire community can benefit.

In 2023, over 1,900 donors and partners supported the Foundation's mission.



Annual Donations

Participating in the Foundation's mission can be done in many ways and annual donations play a key role. While our fundraising campaigns were successful, we strive to continue innovating and will keep our donors, partners, and volunteers informed about the Foundation's impact and work.

A big thank-you to everyone who directly and indirectly supported the Foundation and for your incredible generosity this year. It shows a strong sensibility to the issues youth and families in vulnerable situations are facing and a desire to build healthy communities.



\$48,450
209 donations

Share in the joy campaign



\$13,860
119 donations

Fundraising campaign to support our camps

OTHER COMMUNITY EVENTS

Several third-party events are organized locally to help the YMCAs of Québec Foundation support an even greater number of young people in our communities.



\$560
Sale of promotional items

Firefighters from **Fire Station 30** organized a jersey and baseball cap sale. Profits from the sale went to the du Parc YMCA to support youth in the community.



\$5,500
Kayak race

From August 20 to September 1, 2023, Paul Lott kayaked **650 kilometres** between Québec and Ontario to support the Pointe-Sainte-Charles YMCA's academic support programs and TeenZone.

EVENTS



\$150,000
Un univers à aimer
October 12, 2023

The second edition of the fundraising event welcomed **235 people** and raised money for Saint-Roch youth, ensuring they have a place where they can thrive, build their independence, and feel a sense of belonging.



Impact | Consolidation of the YMCA's youth initiatives such as the TeenZone and the academic success programs.

A big thank-you to the event's partners and organizing committee for their generosity and commitment.



Organizing Committee
Mario Bédard | Mallette
Pierre-Oliver Brassard | Novatize inc.
Stéphane N. Breton | Caisse Desjardins de Québec
Laurie Gagnon | Évènements Camarade
Francis Lessard | Graph Synergie
Geneviève Marcon | GM Développement
François Moreau | ABCP Architecture
Myranie Tremblay | Agence Théo

\$135,000
The YMCA Challenge in Montréal and Québec City
May 16 and June 6, 2023

In Montréal and Québec City, a total of **1,344 sneaker-clad** participants and **27 teams** took part in this sporting event. And they rallied an even greater number of supporters: through their generosity and involvement, **784 donors** and **19 sponsors** showed their support for youth and families.

Impact | Thanks to the money raised, **800 kids** and **families** in situations of vulnerability can access the YMCA's camp programs, swimming lessons, and facilities.

A big thank-you to the event's partners and organizing committee for their generosity and commitment.

ORGANIZING COMMITTEE
Jean-Philippe Bonneau | Gestion Ambicio
Fabien Caillette | Fonds de solidarité FTQ
Charles Côté-Lépine | Ivanhoé Cambridge
Magalie Corfias | CIUSSS du Centre-Sud-de-l'Île-de-Montréal
Éric Delaplace | The YMCAs of Québec
Patricia Dionne | Productions Patricia Dionne
Marie-Chantale Dréau | PwC
Cyclia Lai | Desjardins Group
David Latour | CDPQ
Anaïs Mercet | Levio

Our Major Fundraising Campaign

\$20.7M RAISED TO HELP OUR COMMUNITIES SHINE

The year 2023 was a historic milestone for the YMCA Foundation: the major fundraising campaign—YMCA Springboard for Life—concluded, raising \$20.7 million. Thanks to the generosity of our donors, partners, and volunteers, who helped us advance our cause, an important goal was achieved.

This financial injection has notably allowed us to develop key projects that support the transformation and emerging community needs. These projects have made accessing our services easier and allowed us to demonstrate our agility in adapting our services to the changing needs of the population. Investing in the YMCA’s mission allows us to consolidate our impact, innovate, and ensure that we can continue to offer programs and services to the community for years to come.

WHY LAUNCH A MAJOR FUNDRAISING CAMPAIGN?

In 2017, many worrying societal issues were raised. These included an elevated school dropout rate, ongoing unemployment among young adults, sedentary lifestyles, technology addiction, an increase in chronic lifestyle diseases even in younger people, and increased marginalization.

The YMCAs of Québec wanted to find ways to address the growing needs of communities affected by these issues and the **money raised through this major campaign will allow the organization to support a greater number of people.**

To clearly define the campaign’s funding axes and properly address the issues identified, four goals were set:

- Break down the barriers of inequality
- Develop children’s potential
- Reinforce young people’s interest in physical activity
- Reduce the school dropout rate



THE IMPACT OF THE YMCAs OF QUÉBEC’S VOLUNTEERS

Through the engagement of our volunteers, we surpassed our goal! We are so grateful for their substantial and unwavering commitment.

Let’s celebrate our volunteers’ contribution!

The Co-presidents of Our Campaign Cabinet

Richard Payette | Corporate Director

“This is a collective victory that will benefit communities and families and which has allowed us to rally volunteers from the business community around the YMCA’s cause. These volunteers contributed to completing ambitious projects, which focused on the social inclusion of young people and the creation of diverse communities to offer youth a healthy, active, and respectful environment.”



Geneviève Marcon | GM Développement

“This year marked the YMCA’s third anniversary in Québec City, where its rallying presence has had a big social impact in the community. Our paths have crossed over our shared desire to create welcoming and innovative community spaces in the Saint-Roch neighbourhood and where the values of caring, inclusion, solidarity, and respect have found a home.”



Gregory Chrispin | Corporate Director

“The results we’re celebrating will allow the YMCA to remain present in our communities for a long time. The needs are there and our work must continue to have a significant impact. The YMCA can count on caring people who work hard and make a difference with youth, families, and newcomers. Long live the Y!”



Campaign Cabinet Members

- Mario Bédard | Mallette
- Daniel Charron | Fondation
- Mathieu Duguay | Cogir
- Alexander Watson | RBC Québec
- Jean-François Hanczakowski | National Bank

Thank you to our major donors and donors, for their commitment at the Springboard for Life YMCA Campaign.

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|--|------------------------------|--|
| Beneva | National Bank of Canada | The Birk Family Foundation |
| BMO Financial Group | Power Corporation of Canada | The Cowan Foundation |
| Claudine & Stephen Bronfman Family Fondation | Programme Placement Réussite | The Estate of Dr. John and Mrs. Jane Smola |
| Cogeco | Québecor | The Molson Foundation |
| Cogir Real Estate | RBC Royal Bank | |
| Desjardins | Scotiabank | |
| Geneviève Marcon et Jean Campeau | Standard Life | |
| Groupe Mach | | |
| iA Financial Group | | |
| Louis-Marie Beaulieu | | |
| Lucie and André Chagnon Foundation | | |
| Manulife | | |
| McConnell Foundation | | |
| Metro | | |

WATCH THE VIDEO | ymcaquebec.org



5 big projects supported by the major fundraising campaign

ACADEMIC SUCCESS

A brighter future starts with education

The YMCAs of Québec has developed programs focused on academic success. With programs such as Homework Help, Pathways to Education, and YMCA Alternative Suspension, the YMCA is there to guide and support kids and youth through every stage of life, from early childhood through adolescence and on to early adulthood. Moreover, as each neighbourhood is unique, working with the various partners and community representatives is key to adapting and supporting programs and services so they meet the needs of the community.

"We are very proud to have supported the YMCA's Springboard for Life campaign and helped create an even more promising future for youth at the YMCA. At Desjardins, we know how much education impacts young people's personal and family life but also their future so that they can make their dreams come true and build relationships in their community."



Denis Dubois,
Executive Vice-President
– Wealth Management and
Life and Health Insurance,
Desjardins, Major Corporate
Donor

TEENZONES

Prevention at the heart of our mission

TeenZones are welcoming and inclusive spaces where prevention is at the heart of our intervention approach. At the TeenZone, young people can participate in adapted activities, build their confidence, can participate in adapted activities, build confidence, and find trusted adults. They can come in to chat, listen to music, or play sports without worrying about performance. Educational programs are also offered and participants can join in on group discussions that are focused on academic success and preventing problems such as isolation and school dropout. TeenZones are where participants can cement friendships and acquire the knowledge to face life's challenges.



"When I came to the YMCA five years ago, I received a lot of support. This allowed me to create a social circle and learn French."

– Guadalupe, Beneficiary

THE SAINT-ROCH YMCA

Building connections to break isolation

Opened in 2020, the Saint-Roch YMCA offers sports facilities and community spaces that promote healthy lifestyle habits. This means communities can be more inclusive and expand the services offered to people in the neighbourhood who are in vulnerable situations. Working in tandem with the other stakeholders in the area, the centre can offer a continuum of services, specifically to young people and people experiencing homelessness.



"Leading an activity at the day camp allowed me to develop my professional and family skills, which means I'm now better equipped to give the best of myself. For me, the future is the Saint-Roch Y!"

– Rodrigue, Activity Leader, Storyteller, and Stage Director

FINANCIAL AND PHYSICAL LITERACY,

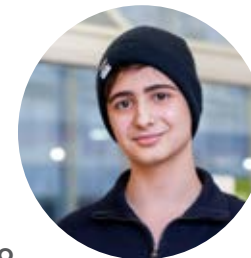
Presented by  **Manuvie**

Raising awareness and giving youth the tools to succeed

The major fundraising campaign enabled us to develop and implement financial and physical literacy programs at the YMCA. The goal is to demonstrate the value of healthy lifestyle habits—both physical and financial—and help participants adopt them.

"Thanks to the YMCA's TeenZone, I participated in the financial literacy workshop. I came to understand what I needed to do to reach my future financial goals. Thank you to the Y for giving me the tools to make my dreams come true!"

– Ioannis, Beneficiary



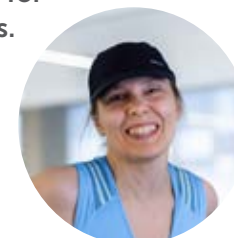
FINANCIAL ASSISTANCE

Accessibility for equal opportunities

Through the YMCAs of Québec's financial assistance program, economic and social barriers no longer stand in the way to adopting healthy lifestyle habits. The program offers people in precarious situations the opportunity to access a wide range of programs, particularly aquatic activities, physical activities for kids, day camps, and language courses. As such, more people can fully benefit from the opportunities offered by our services, promoting their personal growth and well-being. By making the YMCA's programs and services accessible, we are levelling the playing field for families and communities in vulnerable situations.

"Sports are my world and a way for me to communicate with others. The YMCA allowed me to socialize despite my financial limitations. It represents a springboard from my old life to my new one. The YMCA is a very stimulating place, where you are encouraged to surpass yourself."

– Nataliia, Beneficiary



SPRINGBOARD FOR LIFE CAMPAIGN

Since 2017, over 29,000 actions, big and small, supported our mission and cause. The \$20.7 million raised will have a substantial impact on making YMCA programs accessible and on our ability to offer our services.

To do this, we will distribute the funds as follows according to our donors' wishes:

- **Over \$10 million** to help youth and families access our programs and to support the Y's mission through structuring projects that reinforce our impact, allow us to innovate, and secure a sustainable future for our programs.
- **\$7 million** to support our youth programs and offer young people a brighter future.
- **\$2 million** for a new community and sports centre in the Saint-Roch neighbourhood of Québec City, which opened in 2020.
- **\$1 million** to promote financial and physical literacy with young people and help them fulfill their potential.

"Thanks to the invaluable support of our donors, the Foundation acts as a vehicle for change to reduce inequalities and promote inclusion so that everyone has an equal opportunity to shine."



I'm really proud of what we achieved together, offering youth a springboard for life. THANK YOU!"

– Stéphane Vaillancourt, President and CEO of the YMCAs of Québec



Together, for a Brighter Tomorrow!

The Y's strength rests in its pooling of talent, beliefs, and expertise to encourage and inspire all people to fulfill their potential.

Through their know-how, caring attitude, and dynamic approach, our employees work tirelessly to be the spark that ignites change.

Our committed volunteers put their energy and determination into increasing our impact and transforming neighbourhoods into healthier and more resilient communities.

Our members and partners put their trust and loyalty in us, carrying us forward and allowing us to accomplish big things.

Last, our Foundation's generous donors and partners give us the momentum to help people thrive and make a lasting change in our communities.

We are proud to have accomplished everything we have, but none of this would have been possible without the support, dedication, and optimism of all these people.

**Thank you
to each and
every one
of you—
individuals,
foundations,
and
companies—
for helping our
communities**

Agence Théo
Banque Scotia
Banque Nationale
Beneva
BLEUFEU
BMO Groupe financier
CAE
CDPQ
Crakmedia
CROMWELL
Éric Fournier
Succession John B. Claxton
Succession D'Alfred Fred Muth
Famille MacKinnon-Beaulieu
Fédération des caisses Desjardins du Québec
Financière Sun Life
Fondation Bon départ de Canadian Tire du Québec
Fondation Céline & Jacques Lamarre
Fondation Choquette-Legault
Fondation Cowan
Fondation Desjardins
Fondation Frontenac
Fondation de la Pointe-de-l'Île
Fondation Lucie et André Chagnon
Fondation Molson
Fondation McConnell
Fondation Québec Philanthrope
Gowling WLG
Harnois Énergies
iA Groupe financier
Ivanhoé Cambridge
Fondation de la famille John Patrick Colfer
Mallette
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Michael Novak et Kathleen Weil
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Nancy Audette
Otéra Capital Inc.
Peter & Elizabeth Coughlin
Power Corporation du Canada
Québecor
RBC Fondation
Stikeman Elliott
Sagen
Slalom Consultation ULC
Sobeys
Société de Gestion Jacques Gatién Ltée
Stéphane Vaillancourt
Succession Marthe Crépin
The Organix Foundation
Ubisoft

Statement of operations

For the year ended December 31, 2023	2023	2022
	\$	\$
Revenue	69,981,371	57,467,705
Expenses	64,336,828	57,196,021
Excess of revenue over expenses before amortization, interest and financing costs	5,644,543	271,684
Amortization, interest and financing costs	(1,437,032)	(1,269,916)
Excess (Deficiency) of revenue over expenses before extraordinary items	4,207,511	(998,232)
Disposal and write-off of capital assets	504,295	0
Excess (Deficiency) of revenue over expenses	4,711,806	(998,232)

Statement of financial position

As at December 31, 2023	2023	2022
	\$	\$
Total assets	69,715,180	63,503,495
Total liabilities	31,465,282	29,965,403
Net assets	38,249,898	33,538,092
Total liabilities and net assets	69,715,180	63,503,495

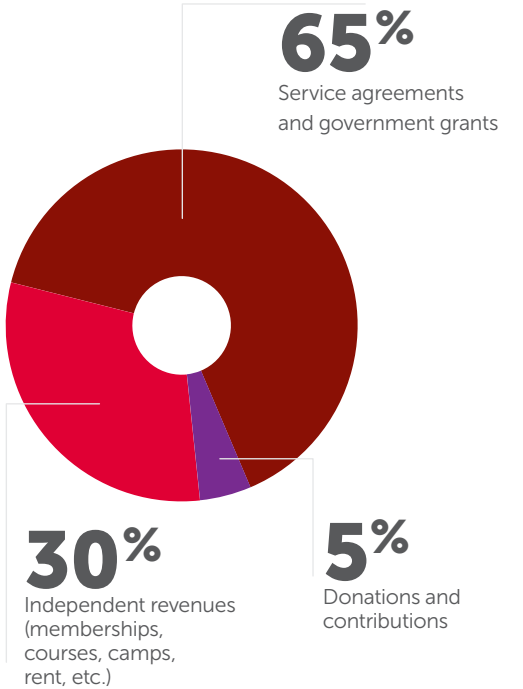
Statement of operations

For the year ended December 31, 2023	2023	2022
	\$	\$
Revenue		
Donations and contributions	2,602,832	2,881,796
Investment (loss) income	351,364	(140,134)
Canada Emergency Wage Subsidy	0	11,425
	2,954,196	2,753,087
Expenses	1,160,390	996,304
Excess of revenue over expenses before contributions to the YMCAs of Québec	1,793,806	1,756,783
Contributions to the YMCAs of Québec	(2,004,928)	(2,266,646)
Deficiency of revenue over expenses	(211,122)	(509,863)

The financial statements audited by Deloitte LLP will be available in June 2024 at ymcaquebec.org

The YMCAs of Québec

2023 Revenue

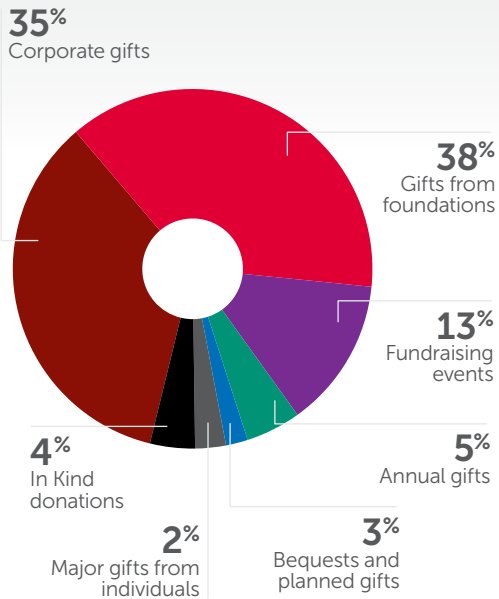


The financial statements audited by Deloitte LLP are available at ymcaquebec.org



The YMCAs of Québec Foundation

2023 Donation Sources



Volunteer Leadership 2023

Thank you to our board and committee members who donate countless hours to giving back to their community.

A big thank-you to the local advisory committees, which present an opportunity for members and local organizations to offer their unique perspective on local and community needs and contribute to our decision-making processes.

We would like to highlight the exceptional commitment and engagement of the YMCA Peace Medals’ major donors.

Together, let’s build a brighter tomorrow for our communities!

The YMCAs of Québec Board of Directors

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Waguïh Rabbat

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Michael Novak (2012)

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Annie Tétreault

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Éric Boulay
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Mario Côté
Joana Dufour
Dany Le Siège
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Nina Myers
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The YMCAs of Québec Foundation Board of Directors

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Marie-Chantal Dréau
(PWC)
Daniel Gagné
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(Blake, Cassels & Graydon LLP)
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Pierre-Olivier Brassard
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Laurie Gagnon
(Événements Camarade)
Francis Lessard
(Graph Synergie)
Geneviève Marcon
(GM Développement)
François Moreau
(ABCP Architecture)
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(Agence Théo)

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(Fonds de solidarité FTQ)
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(CDPQ)
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(Levio)

